



# HEALTH AND WELLNESS

UPDATES FROM THE TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST AND YOUR PROVIDERS:

## KAISER PERMANENTE MEMBERS



### Plan for a healthy trip

Stay healthy and well on the go.

As you look ahead to your travel plans, take advantage of helpful tips and resources so you can stay healthy before, during, and after your trip.

- Pack the prescriptions. [Refill your prescriptions](#) before you leave and keep them somewhere accessible like a purse, backpack, or carry-on.
- Stay safe in the sun. [Care for your skin](#) by applying SPF 30+ sunscreen every 2 hours, drinking plenty of water to avoid dehydration, and finding shade during the hottest parts of the day.
- You're covered for care. Kaiser Permanente members can get 24/7 virtual care and advice, and urgent or emergency care across the U.S. For more information about travel coverage, call 951-268-3900 (TTY 711).

Hit the road and stay healthy. [Go online](#) for more travel tips.

## [KAISER PERMANENTE WEBINAR](#)



### Plan for a healthy trip

July 27, 2023  
12:30pm to 1:30pm PST

Stay healthy and well on the go...

As you look ahead to your travel plans, take advantage of helpful tips and resources so you can stay healthy before, during, and after your trip.

[CLICK TO REGISTER](#)

## DELTA DENTAL MEMBERS



### How asthma and allergies affect your teeth

For Asthma and Allergy Awareness Month, learn how these common conditions can affect your oral health:

- Balance [asthma and your oral health](#)  
Take care of your teeth [when allergy season hits](#)
- Handle [contact allergies](#) at the dentist  
For more wellness articles, [subscribe to Grin! e-magazine](#). *Grin!* is [also available in Spanish](#).

## BLUE SHIELD MEMBERS



### Protect your health with preventive care.

Getting your preventive care exam can help detect serious health issues early – when they're often easier to treat. If you haven't had your exam this year, make an appointment.

Take care of yourself for you and your family. Find out which health screenings are right for you. Visit [blueshieldca.com/preventive](https://www.blueshieldca.com/preventive) and select *Take charge today*.

Visit: <https://www.blueshieldca.com/preventive-care/home.html>

## EYEMED MEMBERS



### Women and vision: Keeping an eye on your health

If you're female, you're more likely to develop several common, yet serious, eye diseases as compared to your male counterparts. But you have more control over the outcome than you may think. A healthy lifestyle and routine eye exams may give your eyes a fighting chance.

Visit: <https://www.eyesiteonwellness.com/women-vision/>